

4-1978

## Beacon Light: April 1978

St. Cloud Hospital

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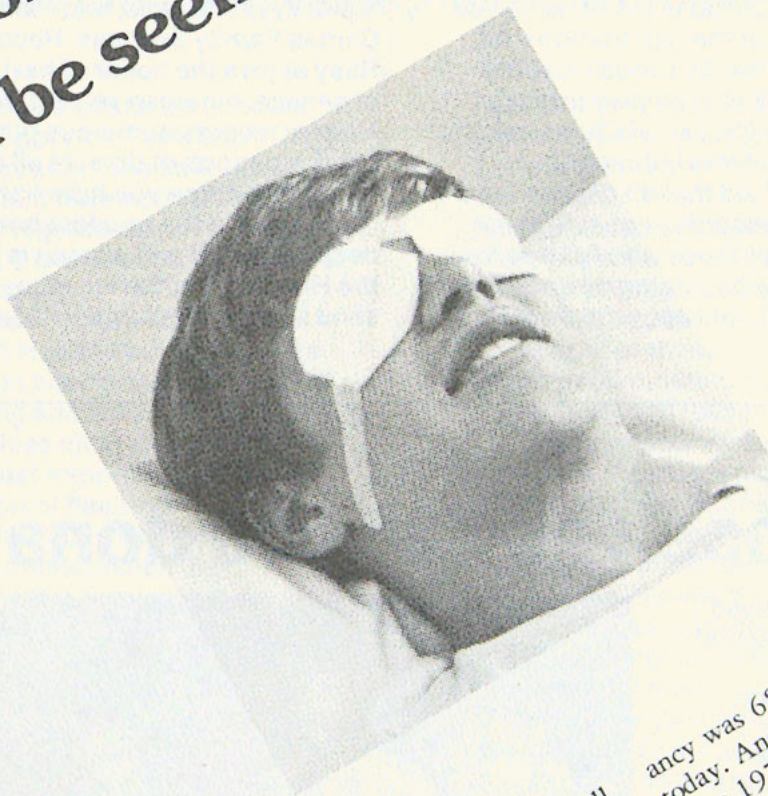
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# Beacon Light

Volume XXVII, Number 8

April 1978

What's it worth to hear him say,  
"I'll be seeing you"



## Controlling Hospital Costs: What we're doing

How about 70¢ a day? ... because that's all per capita hospital costs in America come to. That's about \$255 a year. Less than what it costs a wage earner for Social Security taxes; less than fuel and maintenance for the family car; for the finest hospital care in the world. Yet we are those who claim that hospital care is too high and should be "price controlled" compared to what? When the first kidney transplant was less than 80% of the cost of a coronary bypass today. To life expectancy.

ancy was 68 years -- compared to 72.5 years today. And compared to price index increases since 1970, medical costs have risen less than food, fuel and utilities, and only slightly more than housing.

The fact is that aside from simple inflation and the ever-increasing cost of government regulation, the most significant rising health-care cost has been in care and treatment -- and healthier, fuller life for you and

We think it's worth it ... to again, legs run again, eyes profit-and-loss is measured think that's the way you it's the bargain of you



# The Chaplain's Corner

by Fr. John McManus



## OUR "ROOTS"

This is the era when there is a growing interest in our "roots". All the more since St. Cloud Hospital is celebrating its 50th Anniversary. It occurred to me that some small, but good, purpose could be served by rediscovery of the roots of the rich tradition for spiritual care that exists at the St. Cloud Hospital.

The Sisters of St. Benedict, with their intense dedication and response to the call of Christ, are and remain the primary source of this inspiration.

Chaplains who have served this institution are a parallel source. Baptismal records kept at the Hospital reveal the names of those who have served in an unbroken line from the beginning down to the present. Father Henry Frank, of happy memory who

came over from St. Raphael's and served until 1942. Father Ed Oman who served for an extended period of time. Father James Minette, now at the mission of Maracay, Venezuela, and Father Patrick Riley now at Caritas Family Services. Records show that Father Riley enjoys the honor of having the longest period of service, nineteen years, from 1951 until 1970. History records numerous others who served for shorter periods of time, to all our roots a SALUTE for the rich tradition you have handed down to us.

In the end the greatest honor we can pay these dedicated men and women is to pray that the Lord of the Harvest, Our Savior Jesus Christ, continues to send servant ministers to labor in his vineyards.

## Hospital receives \$23,000 donation

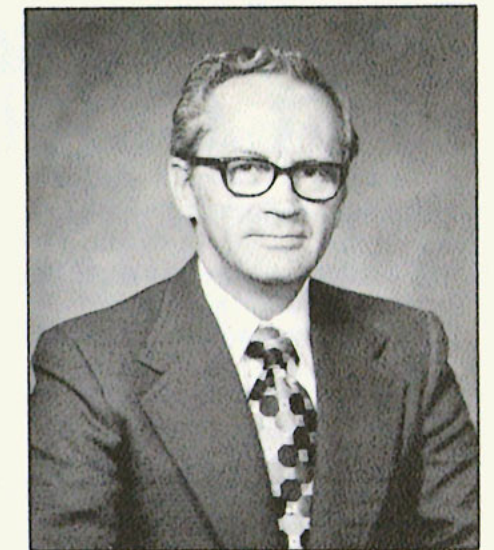
The St. Cloud Hospital received three donations totalling \$23,000 at a special 20th Anniversary Auxiliary/Volunteer Recognition meeting this past month. The donations included the proceeds from the Auxiliary sponsored Gift Shop, the Auxiliary Fruit Cake sale and the annual Auxiliary Ball.

Gene S. Bakke, SCH Executive Vice-President, accepted the donations. He is pictured above with Pearl O'Link, far left, with a display check for \$12,500 from the Gift Shop; Margy Kline, center, with a display check for \$2,000 from the Fruit Cake sale and June Wolseth from the St. Cloud Dental Wives with a display check for \$8,500 from the Annual Auxiliary Ball. Co-chairing the Ball with June, but not pictured were Barb Gerard, St. Cloud Hospital Auxiliary and Shirley Windschitl, Stearns/Benton Medical Auxiliary.



# Comment

by Gene S. Bakke  
Executive Vice President



## Health planning exemptions: Who gains?

Containment of health care costs is a concern shared by many voluntary, governmental and political groups. Numerous solutions have been advanced, and a host of them have been translated into government laws and regulations, so many in fact that health care institutions are among the most regulated in our society today.

One of the regulatory laws passed in 1974 is called the Comprehensive Health Planning Act. Its major purpose is to contain health care costs by providing a formal planning and review mechanism to assure that health services meet defined community needs, and most importantly, to **avoid duplication** in the provision of health services.

About the same time this act was passed, the St. Cloud Surgical Center was established. Its purported purpose was to offer surgical services on an outpatient basis at costs significantly below similar services in hospitals. At first glance, it seemed to some a reasonable proposition, but upon careful analysis, it soon became clear that the costs of health care to a community would not be decreased but **increased**. As recently as January 2, 1978 an article in the Minneapolis Tribune stated "The Metropolitan Health Board has charged that the first Twin Cities same-day surgical center will increase health care costs to the metropolitan area. The board voted 14 to 1 against the \$271,000 project called the St. Paul Surgical Center..."

There are several reasons why free-standing, for profit surgical centers **increase** health care costs:

- They are typically open on a very limited schedule (Monday-Friday - 8:00 a.m. to 5:00 p.m.). In

case of emergency or the development of complications, the hospital is obliged to provide the 24-hour standby services required.

- Many hospitals (including St. Cloud Hospital) have provided ambulatory surgery services for many years. As a matter of fact, here at SCH, the number of surgical procedures performed for outpatients has increased 34.2% over the past five years!

In light of these facts, and the thrust to contain costs by eliminating duplication of health services, one would have reasonably expected our local Central Minnesota Health Systems Agency Board of Directors to at least have considered the matter as did the Metropolitan Health Board. There is, of course, no guarantee that the local agency would have arrived at the same conclusion, but at least it would have opened the matter to discussion. Instead, it was administratively determined that the St. Cloud Surgical Center could expand without a certificate of need.

Of course decisions are not always based on fact or logic. Politics, money, personal relationships, ethics, religion and other elements often contribute to the way decisions are made in any given situation.

The fact of the matter is that the St. Paul Surgical Center and the St. Cloud Surgical Center, both operated by some of the same individuals, are apparently here to stay. It was accomplished in spite of rules and regulations. But whether they will truly result in a benefit to the community remains to be seen.



# Dentistry services at St. Cloud Hospital

Got a toothache? Easy, go see your dentist.

But what if you are a patient in the Hospital and can't go to your dentist? It's still easy. If you are a patient at Saint Cloud Hospital, your dentist can come to you.

Dentists have been part of the Hospital's Medical Staff for the past 19 years. According to Dr. John Kropp, Chief of Dentistry Service at Saint Cloud Hospital, dentists who have privileges to practice at the Hospital provide a variety of services on both an inpatient and outpatient basis.

"It is not uncommon for a hospitalized patient to develop a toothache or some other oral problem," Dr. Kropp said. "In these instances, either the patient's family dentist, or a member of the Hospital's Dental Staff, can treat the patient using the Hospital's facilities."

The Hospital provides dentists with two areas for their services - the traditional office set-up in the Emergency-Outpatient

Department or the Surgery Suite.

"The E-OP facility is utilized for most of our in-hospital dental services," Dr. Kropp said. "The surgery suite is used when a general anesthesia is needed."

According to Dr. Kropp, a general anesthesia is used in special cases, such as oral surgery, a tooth extraction or other dental work on hard to manage dental patients including emotionally distressed or mentally retarded patients, or for patients who are unable to undergo the number of office visits necessary for more complex procedures.

The dentists on the Hospital's Medical Staff also treat dental emergencies in the Emergency Room.

"Dental emergencies usually involve visitors in the St. Cloud area, persons traveling through town or accident victims," Dr. Kropp said. "Many of these people receive treatment by a dentist on our staff because they do not have a dentist in the area."

Two years ago, the dentists affiliated with the Hospital formed an emergency dental call program. Each participating dentist takes a one-week turn on the rotation. During that week, the "on call" dentist is responsible for treating any dental emergency at the Hospital.

"This program has proved to be an excellent way of satisfying the need for emergency dental services in St. Cloud," he said.

A new program for hospital approval deals with preventative dentistry for children, Dr. Kropp said. The program has been designed by the American Dental Association and is currently being coordinated by the West Central District Dental Society Auxiliary. According to the Auxiliary's president, Mrs. George Cook, Jr., the program encourages parents to perform good oral hygiene practices on their children even before the first baby teeth appear.

"Parents should be responsible for their children's dental hygiene until they are old enough to care for themselves," Dr. Kropp said. "Early and proper involvement will reduce the number of cavities and establish a good pattern which children will continue to follow throughout life."

If approved, the program would be implemented late this fall or early next year, Kropp said. The reason for the delay is the West Central District Dental Society does not meet during summer months.

The program must also be approved by the Medical Staff's Executive Committee and the Hospital's Administrative Council.

"Hospital involvement by dentists has been increasing in the past few years," Dr. Kropp said. "Dentists provide input in Medical Staff decisions and have voting privileges through the Chief of Dentistry and the Oral Surgeons."

Dentistry is an important additional service to the patients at Saint Cloud Hospital, Gene S. Bakke, Executive Vice President said. As the Hospital's outpatient services become more developed, dentistry services will become even more significant.



Three veterans of the Hospital's medical staff joined outgoing Board of Trustees President, Sister Henrita Osendorf, at the Annual Medical Staff/Board of Trustees Dinner last month. Pictured above are (right to left): Drs. Philip Halenbeck, W.T. Wenner, and Charles Donaldson. Dr. Halenbeck joined the Saint Cloud Hospital medical staff in 1928, Dr. Wenner in 1929 and Dr. Donaldson in

1930. Also receiving special recognition at the Dinner was Dr. Carl Thuringer for his 25 years of service on the medical staff, and Dr. Severin Koop as past Chief of Staff. Two outgoing members from the Board of Trustees were also honored: Sister Rita Budig and Sister Henrita, who served as President of the Hospital's governing board for the past 16 years.

# The Big Step

With all the apprehension and indecision of a cat about to leap over a puddle, Connie Hammerel restarted her career in nursing Monday, April 10 at Saint Cloud Hospital.

Connie had graduated from the Saint Cloud Hospital School of Nursing in 1959. She began working in the Hospital's Labor and Delivery Room. After a short move to Iowa, she and her husband returned to St. Cloud. She continued working a couple of nights a week until she quit altogether in 1970 to devote more time to her family of four.

As her family grew up, Connie found herself at home with a lot of extra time on her hands.

"I tried a couple of other jobs - a teacher's aide and a clerk at a local grocery store, but there was no satisfaction in either of them," Connie said. "I had a strong desire to get back into nursing."

"I realized that nursing had changed a lot over the years, especially since I left in 1970," she said. "I realized that I needed a refresher course to help me relearn some of the things I had missed or perhaps, forgotten."

She checked with the Hospital's Continuing Education Department

to see if they offered any form of refresher course. They didn't.

She met Carol Mackinac and Kathy Mueller - two people who were actively involved in establishing a refresher course. She asked that her name be included on the list of interested students.

They succeeded in coordinating the course through the Hospital's School of Nursing. The first three-week program was held in March, 1978, and Connie was in it.

"The refresher course was excellent," Connie said. "Although it was a long three weeks, what with the full eight-hour days and studying at night, the time seemed to go by too quickly."

"We covered a number of topics, both in theory and practical application," she said. "For me, the practical aspect was the most important part of the program, but becoming more aware of where nursing trends are today was also good."

"When I was in nurses training, we were taught not to tell the patient anything," she said. "We learned many of the same principles, but practiced mostly comfort skills."

"Today, nurses are doing total

patient care," she said. "There is more openness with the patient and the patients are, in fact, a part of their own care."

"We also found the people in the Hospital terrific," she said. "We received a lot of cooperation and were not looked down upon because we were trying to come back," she said.

"Many times, people went out of their way to help us," she added.

Of the fifteen women who started the course, only one had to quit for family reasons. Fourteen completed the course and received their certificates. The certificate enabled all to reactivate their nursing license - a major goal of many in the class.

So far, only Connie has taken that big step and gone back to work.

"It was a good feeling to be able to complete the course and I am very glad I did it," she said. "I am apprehensive about coming back to work, but I've been told this is a very common way to feel."

"I may not have all the self confidence of some of the younger or more experienced nurses," she said, "but I am mature enough to admit the things I don't know and to get help with them."

"I am very grateful to Saint Cloud Hospital for giving me the opportunity to come back to work," she added.

"Connie's willingness and dedication to undertake a refresher program and know that she will have to strengthen her nursing skills makes her a very desirable employee and will be an asset to the nursing profession," added Connie Moline, Nursing Service Director.

The next R.N. Refresher Course will be offered through the School of Nursing in August, 1978. Persons interested in participating should call the Hospital's School of Nursing, 251-2700, Ext. 321, to register.

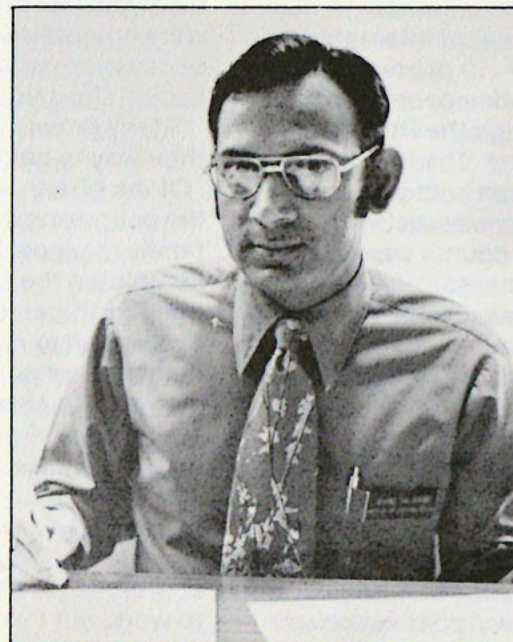


Connie Hammerel, R.N. Refresher Student, center, performs a nursing procedure under the watchful eye of

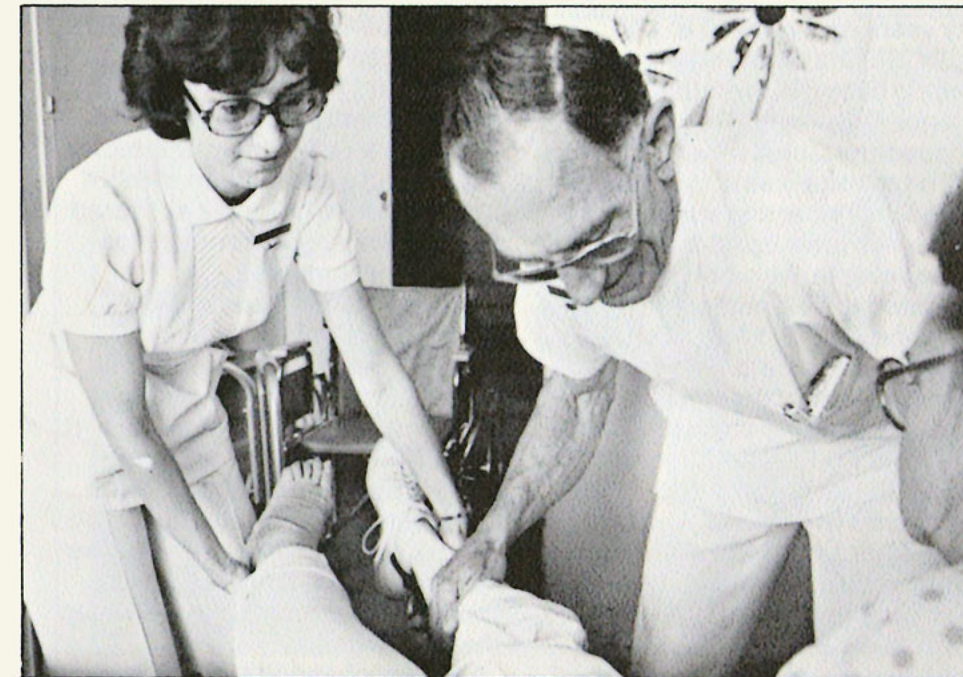
her instructor, Rosanne Ryerson, right and some of her fellow students.



Currently, the American Hospital Association (AHA) and various congressional proposals are emphasizing the importance of voluntary hospital controls to help regulate the increase of hospital costs. While we are increasing our cost containment efforts, voluntary controls have always been a major concern at Saint Cloud Hospital.



Arvind Salvekar, Director of Systems Design Department.



The PETO Staffing system helps the Hospital utilize its nursing personnel

as efficiently as possible while providing the best possible care.

## What we're doing to keep cost increases down

"Cost containment is a highly complex problem with no simple solution," Arvind Salvekar emphasizes. "We can't arbitrarily make cuts in staff and services. All we can do is manage our resources, both human and other, to ensure that they are used to their optimum ability."

Salvekar is the Director of the Systems Design Department. Established in 1969, Systems Design is concerned with helping Saint Cloud Hospital to voluntarily maintain minimum cost increases.

The Department has established a number of programs geared toward maximum effectiveness of the use of the Hospital's major resources - including its personnel.

"We introduced the PETO staffing program in 1974," Salvekar said. "This program takes into

consideration severity of the patients' illnesses on any given unit and computes the number of nursing personnel necessary to provide the best possible care.

"So far, the system has worked quite well on the first six of the nine nursing units which can make use of this program," he added. "Although we cannot effectively measure the total savings this program has amounted to in terms of dollars, PETO has allowed us to utilize our nursing staff as efficiently as possible."

In addition to this program, a flexible budget was developed for use in the Nursing Service Department. It allows the Hospital budget to increase and decrease with the patient census. According to Salvekar, this reduces the chances of overspending by insuring that the amount of money

spent is in line with the amount of activity.

Other programs, such as equipment analysis and staffing studies compare the work load to the job being completed to ensure the Hospital is making the best use of its resources. To help these efforts, the Hospital will soon be initiating an internal managerial techniques course for all administrative personnel.

"In this course, we will discuss the costs involved in our resources and give our managers the tools they need to analyze the most cost-efficient procedures," Salvekar said. "Unless we know where our resources are not being used to their full potential, we cannot do anything about it. This program should help."

Indirectly, Saint Cloud Hospital's cost containment program has

been in effect as long as the Hospital has been in existence. The Hospital has always planned for future needs and these plans have always taken cost into consideration.

As the Hospital's services and costs increased, the need for precise planning became even more important.

"Planning for the future, if not the most, is certainly one of the most significant functions that must be carried out in any organization if it expects to continue its service," Gene Bakke, Executive Vice President said. "Saint Cloud Hospital's planning process is a major determining factor in establishing the annual budget."

The budget must include increased costs of supplies and manpower to the Hospital as well as the cost for providing new

services and equipment. Proper planning assures that the cost increases will be maintained as reasonable as possible and that all new services and equipment are consistent with the Hospital's cost benefit studies to ensure that the Hospital uses its health care dollars wisely, Bakke added.

Besides planning, the Hospital maintains an ongoing program of quality control in every department and nursing unit. Supplies are purchased on the basis of competitive bid to insure the lowest possible costs.

There is evidence that these programs have had positive results at St. Cloud Hospital. The average increase in prices for services over the past five years has been 7.92% at St. Cloud Hospital compared to the National average increase of 14%.

But these voluntary efforts are

still not enough. According to Bakke, the government tends to view cost containment as cost reduction.

"As costs for personnel, utilities, supplies and insurance increase, cuts have to be made somewhere to keep the budget consistent with government guidelines," Bakke said. "Most of the cuts come in the amount of money the Hospital sets aside each year for the purchase of new equipment or services."

"We need to be as cost efficient as possible," Bakke said, "but not at the risk of reducing the quality of care."

"In order to maintain the high standards of care our patients have come to expect, we may have to look toward alternative sources of funding, voluntary contributions and increased volume of patient services," he said.



# Anniversary Baby

Fifty years ago, April 10 at 1:10 p.m., Dr. Schatz delivered a bouncing baby girl to Mr. and Mrs. Lawrence O'Donnell. They named their daughter Constance.

By the time she was six years old, Connie knew what she wanted to be when she grew up. More than anything else in the whole world, she wanted to be a nurse.

When she was 15, she had still not changed her mind. She entered the Hospital as a patient and remembered sitting an awfully long time waiting for a nurse to help her off the bedpan. She remembered two nurses who came in to give her a bath and not even acknowledging her presence. She remembered it made her feel like a log.

These two incidents stuck with the impressionable teenager and she vowed that when she became a nurse she would do everything she could to make sure that would never happen again.

Well, Connie did become a nurse, and she came to Saint Cloud Hospital to practice. Her desire to insure quality nursing care helped her to become the Hospital's Director of Nursing.

"After graduating from St. Gabriel's School of Nursing in Little Falls, I took a five-month, post-graduate course in Obstetrics at Margaret Hague Maternity Hospital in Jersey City, New Jersey," Connie Moline said. "I came back to St. Cloud and spent five years as the Nursery Head Nurse."

Connie and her husband, Bill, spent a year and a half in Marshall where she worked as a staff nurse in a local hospital.

They moved back to St. Cloud and

Connie spent the next seven years working part-time in the OB/Delivery Room and raising a full-time family of five.

She was an OB clinical instructor in 1963 and Supervisor in 1966. In October of 1967, Connie accepted the position she currently holds - Director of Nursing.

"When I started here at the Hospital, we only had about 300-350 employees," Connie remembered. "Everybody knew everybody on a first name basis - it was a very homey atmosphere."

"Now, because of our size, we have lost some of that atmosphere," she admits, "but we still try to keep it on the units. I think it is important to try and keep that atmosphere."

A lot has changed since Connie started practicing at Saint Cloud Hospital in 1950. The community has grown considerably, although Connie thinks it has maintained some of its "home town" values.

"The Hospital has grown and become more complex," she said. "It has become increasingly more difficult to communicate and misunderstandings occur more



Connie Moline, R.N., Director of Nursing Service.

frequently because it is impossible to reach all of the people."

Hospital care has also changed.

"I see us caring for more acute and critically ill patients now than we used to," Connie said.

"Patients we saw five years ago in the Intensive Care Unit are now being seen on the nursing units. Those we are seeing today in the Intensive Care Unit would have gone to heaven five years ago."

The staff nurse's role has advanced with increased skills and knowledge. Medical professionals have always delegated more responsibility to nurses all through history.

"Nursing has undergone dramatic changes in degree of skills and technology since the 50's," she said, "and with that, we must keep working to maintain the human element of caring for people, not machines. I think we do that here."

"But, the thing that has impressed me the most over the past years that I have been at Saint Cloud Hospital are the people I've worked with," she commented. "They've helped me grow into a person and a nurse."

"To me, that's what it's all about; I couldn't stay in what I'm doing if it wasn't for the people I work with."

"I will always miss direct patient contact," Connie admitted. "It took a good three years for me to decide I would stay in the administrative part of nursing - it took that long to become a part of the system that could facilitate bedside care."

"The quality of care at Saint Cloud Hospital has improved," she said. "I gain my satisfaction from the comments I receive from patients and from the care I see happening at the bedside."

## Hospital Lobbies site for displays

The lobbies at the Saint Cloud Hospital have taken on a new look during the month of April. Historical displays in honor of the Hospital's 50th Anniversary are set up in the Northwest Lobby, the Surgical (Main) Lobby and the T.V. Lobby.

A patient room of the twenties occupies a portion of the Northwest Lobby while a display of an x-ray machine and operating table are housed in the T.V. Lobby.

The Main Lobby has several displays: display cases which exhibit medical, surgical and religious items of the past; furniture once used in the Hospital; a reproduction of the February 16, 1928 newspaper; and a photographic display of past graduating classes from the Saint Cloud Hospital School of Nursing. (Those graduates who are currently employed at the Hospital are starred.)

Some of these exhibits will be on display at the Crossroads Shopping Center, May 12 and 13 as a part of the Hospital's National Hospital Week celebration.

The Saint Cloud Hospital extends its appreciation to all who contributed to the displays, especially Rosalie Timmers, Laddie Krey, Barbara Pappenfus and Dr. Robert P. Koenig.

Future anniversary events will be highlighted by the School of Nursing's Class of 1978 graduation

dinner. The graduating students will be honoring those students who entered the School in 1928.



### FROM THE ST. CLOUD HOSPITAL KITCHENS

#### ORANGE JELLO DELIGHT

A pretty pastel salad that reminds you of spring flowers in bloom—as good to the taste as it looks to the eye.

- 1 - 3 oz. pkg. - orange gelatine
- 1 Cup - boiling water
- 1 Cup - ice water
- 1 Cup - whipping cream
- 1 Cup - pineapple, drained

Dissolve gelatine in boiling water. Stir until dissolved. Add ice water. Allow to stand until partially set. Add pineapple. Whip cream. Fold gently into pineapple mixture. Pour into a mold, individual molds or square pan. Chill until set. 6-8 servings.

#### Beacon Light

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South Dakota  
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# Beacon Light

St. Cloud Hospital 1406-6th Ave. North St. Cloud, MN 56301

National Hospital Week, May 7-13

## Hypertension, Diabetes screening highlight Hospital's activities

Public screening clinics for hypertension and diabetes will again highlight the Saint Cloud Hospital's 1978 National Hospital Week celebration, May 7-13.

The clinics will be conducted at the Crossroads Shopping Center Friday, May 12 and Saturday, May 13.

"This year's theme, 'Hospitals Wish You Well,' reflects the Saint Cloud Hospital's traditional outlook during National Hospital Week," Ralph Vasek said. "It has been a time when we encourage all members of the community to learn as much as they can about maintaining their own good health."

Vasek is the Hospital's Housekeeping Department Director and is chairing this year's National Hospital Week Committee.

"National Hospital Week is a time when we remind people that good health does not begin with their doctor or with their hospital, but with themselves," Vasek added.

Members of the community are invited to take advantage of two free screening clinics which will be held on Friday, May 12 from 12 noon to 8:00 p.m. and Saturday, May 13 from 11:00 a.m. to 4:00 p.m. The clinics will include diabetes testing and hypertension screening.

"Last year was the first year we included diabetes testing in our display," Sister Luke Hoschette, OSB, said. "It was so successful, we are conducting it again this year." Sister Luke is co-chairing this year's event and is the Director of the Hospital's Planning Department.

More than 300 people were tested for diabetes last year.

Hypertension screening, testing for high blood pressure, will be conducted for the fourth consecutive year. High blood pressure increases the risk of heart attacks three to five times more in hypertensives than in others. It is directly responsible for about 60,000 American deaths each year.

In addition to these programs, we will provide displays on alcoholism and mental health by our Alcohol and Chemical Addiction Unit and our Mental Health Unit," Vasek said. "Some historical displays commemorating the Hospital's 50th Anniversary, the Auxiliary's 20th Anniversary, and Happy the Clown will also be included.